

CSRRSL 10<sup>th</sup> ASS 2016 - OP 1 :

## **Use of Biologic DMARDs in Rheumatology and Rehabilitation Hospital, Ragama from September 2015 to August 2016**

H A S Caldera<sup>1\*</sup>, J Gunasekera<sup>2</sup>

<sup>1</sup>Senior Registrar in Rheumatology and Rehabilitation, Rheumatology and Rehabilitation Hospital, Ragama, <sup>2</sup>Registrar in Community Medicine, Postgraduate Institute of Medicine, Colombo

### **Introduction**

The Rheumatology and Rehabilitation Hospital, Ragama (RRH) is one of the premiere health care institutions for rheumatology and rehabilitation in Sri Lanka. Biologic disease modifying anti rheumatoid drugs (bDMARDs) are used for non responders to conventional therapy for inflammatory arthropathies.

### **Objectives**

To describe the usage pattern and the response to bDMARDs in patients with inflammatory arthropathies from September 2015 to August 2016 in RRH.

### **Methods**

The study was conducted on 38 patients who were newly initiated on bDMARDs for inflammatory arthropathies in the twelve months duration from September 2015 to August 2016 in RRH. All the data was gathered from the 'biologic file' maintained for each patient.

### **Results**

The total of 38 patients comprised of twenty five with RA, seven with PSA, three with AS, two with juvenile idiopathic arthritis (JIA) and one with Takayasu's arteritis (TA).

Out of the 21 patients with RA who were considered in the final analysis, seven, nine and five had received infliximab (3 mg/kg at 0, 2, and 6 weeks), tocilizumab (8 mg/kg monthly - three doses) and two doses of rituximab (500 mg each were given 2 weeks apart) respectively. The mean clinical disease activity index (CDAI) reduction in those patients was 60.96% (95% confidence interval of 48.9%-73.2%) and 71.4%, 44.5% and 40% of patients achieved a reduction of CDAI more than 70% with infliximab, tocilizumab and rituximab.

The patients with psoriatic arthritis who received infliximab (5 mg/kg at 0, 2, and 6 weeks) achieved an average disease activity in psoriatic arthritis (DAPSA) reduction

of 77.87%. All three patients with ankylosing spondylitis also had substantial reduction of Bath ankylosing spondylitis disease activity index (BASDAI) values with the same dose.

### **Conclusion**

The patients receiving biologic therapy at RRH for inflammatory arthropathies have exhibited a clinically noticeable reduction of disease activity.